

February - April

2006

USS ENTERPRISE
NEWSLETTER

The Arrival

Special Interest Articles:

- Kids and Deployment
- Taxes Due?
- Powers of Attorney
- Cycle of Deployment

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Captain's Message

Dear Family and Friends of Big "E",

My first order of business is to thank our Ombudsman Team for their outstanding support of the families and friends of Enterprise. The job they do communicating via this newsletter, phone, e-mail and text messaging is nothing short of life enhancing for all of us. It entails getting timely info out to all through the Care Line and fielding late night phone calls to head off potential and real time crisis in the lives of our sailors and their families – thank you for all you do especially during underway periods.

At this writing we are getting underway to continue our

preparations for sustained and effective combat operations. Your sailors have surmounted numerous challenges and done some Herculean things to get us ready to continue the pursuit of freedom and search and destroy the enemies of that freedom we cherish. As you all well know, anything worth while is bought at a cost, and for us that cost is separation from you our loved ones.

Be sure to mark your calendars for the Pre-deployment Extravaganza Fair set for the evenings of 20 and 21 February in building U 40 next to gate 3. Child care is available on site for Kindergarten registered children through

6th grade starting at 6:00 PM with the program beginning at 6:30 PM. See the details below. You do not want to miss this. You will find extremely valuable information.

Our Preparation for Overseas Movement period (POM) begins on 31 March with two leave periods: 31 March to 14 April and then 14 – 28 April. We will deploy a few days later.

Thanks for all you do to make it possible for us to carry out the mission of our nation. See you at the Pre-deployment Extravaganza Fair!

Larry Rice

Ombudsmen Circle

Greetings Families and Shipmates,

Welcome to the first edition of your Ombudsmen Newsletter 2006. As your Ombudsmen Team we provide communication between you the families, the sailors, and the command. We do this via phone, email, and this command newsletter. We hope this edition of The Arrival provides you with beneficial resource information as we prepare for our up-coming deployment. Your Command Ombudsmen are Bonnie, Bunni, Cherie, Dawn, Tasha and Tiashia. We are your USS Enterprise Command Family Ombudsman team and we are ready and willing to help you in anyway we can. First and foremost we are Navy spouses just like you who have volunteered to assist you. We are part of a large network of assistance that is available to all Navy families. An Ombudsman is a command appointed volunteer who has completed Ombudsman Training through the Navy Fleet and Family Service Center. An Ombudsman is trained in confidentiality, communication and listening techniques, crisis, stress and time management skills and numerous other assistance skills. We are the primary link between the command families and the command. Ombudsmen are *not* counselors, doctors, lawyers, childcare or transportation providers. Ombudsmen *are* resource and referral agents who can guide you to the professionals that can provide the assistance you may need. We are also here to listen and send communications to the command when the situation warrants. We are available to assist you during emergency situations, guide you to Navy and community resources, and offer information regarding the command and the local community. Your USS Enterprise Ombudsman Team is here for you! Current Ombudsman contact information is available on our Careline message at 444-9398 or 888-485-3435, option #3. You can also send us an e-mail at bigeombudsmen@yahoo.com. We look forward to hearing from you about any questions or concerns you may have during the upcoming months, and throughout the year. Don't forget to stop by and see us at the up-coming Pre-Deployment Brief. Wishing you blessed 2006,

Your Ombudsmen Team



❁Pre-Deployment Readiness❁

Kids and Deployment

By: Alex Ottaviani

School Outreach Educator

Fleet and Family Support Center, Little Creek

As members of our Navy and the Big “E” family, we all must endure the challenges of deployment. The arduous hours of preparation, the anticipation of departure, the stress of separation, and the exhilaration of return all take their toll while our Navy and its Sailors fulfill their mission around the world. These challenges also wear on the minds and emotions of our military-connected children and extended family members. Continuous open communications, aggressive strategies to stay connected with a deployed Sailor, and identifying and managing stress in our children are the key factors in making deployments a family enhancing experience and an educational process.

Preparing our families for deployment is as important as the extensive preparation Sailors accomplish to ready themselves and the ship for deployment. **The most important factor in preparing the family, especially children, is open communications. Discussing the deployment with children as often as possible will ease their anxiety, answer their questions, generate new ones, and adequately prepare them for the separation.** An open and honest family dialog regarding deployment will help children understand why a parent must deploy, allows the child’s input to family expectations during deployment, and promotes the establishment of goals during extended periods of separation.

Families affected by deployments must also establish strategies to stay connected; continue to share family moments and design healthy methods to count down the days until return. Modern technology allows rapid means of communicating globally. **Email and internet access are great means for quick correspondence and maintain a useful purpose, however postal mail has many benefits for family personal connections. Hand written letters promote children’s writing skills, and are a more personal method to share thoughts, ambitions and feelings, while maintaining an emotional, personal connection with their loved one who is away.**

Deployed members should create a regular schedule when they will correspond with their children. Younger children with novice reading skills will enjoy postcards while older children will enjoy hand-written letters. **Children should be encouraged to write, draw pictures, and take pictures or videos to be sent to the deployed Sailor.** The stay at home guardian with two or more children should manage the mailbox to ensure all children receive their favors from the deployed loved one at the same time.

Establishing creative methods to count down the days until return helps the family adjust to the separation and anticipate return. **A blank desktop paper calendar can be used to log each family member’s daily events and accomplishments. When each month is completed, pictures can be attached to the perimeter and sent to the deployed Sailor. Paper chains with a link for each day or week can be streamed around the house. As each day or week passes, a link can be detached with writings of the day or week events and sent to the Sailor. M&M’s or chocolate kisses in a bowl representing each day of deployment can be consumed daily to remind our children of the deployed Sailor and represent the count down until the Sailor returns.** Be creative, solicit children’s input and establish fun ways to count down to homecoming day. Children have creative minds and generate many thoughts and emotions they don’t fully understand. This can cause some stress in their daily lives particularly if they focus these thoughts and emotions on their deployed loved one. As a parent or guardian, you are the expert for each of the children in your care. Children normally express their anxiety behaviorally and verbally. Continue to communicate with your children to create a sharing mechanism for their thoughts and emotions. The key is to actively listen and let the children express themselves. You might not agree with them but it is important to let them share with you in a non-judgmental setting.

(Continued Pg. 5)



“Many programs in the area offer free tax assistance and filing for military families.”



**SHARE
SELF HELP AND
RESOURCE EXCHANGE
(SHARE) PROGRAM.**

This is a great opportunity for anyone interested in saving money for groceries. For two hours of volunteer work and \$17, you will receive two bags of groceries and recipes. This program is available to everyone and anyone interested, once a month, every month. Anyone can participate at any of the locations by signing up, and then dropping off the money needed for a box. Food Stamps are also collected at some locations. The purpose of SHARE is to help everyone have enough food throughout the year, not only during the holidays. Host sites are located all around Hampton Roads if you do not see one in the list closest to your home contact SHARE Peninsula office at (757-596-7188) or treva@foodbank.ws. You may also have your sailor contact NCC Reynolds aboard ship at J-dial 7808.

Taxes Due? Resources to save you from the Tax Blues.

Tax season is fast approaching the due date of April 15th! For those of us who find taxes a scary, and unpleasant thought Norfolk Naval Station and local resources offer assistance you can really use! The Norfolk Tax Assistance Program (TAC) is offering tax preparation and electronic filing services free of charge for active duty, retirees and reservist currently serving on active duty for a period of 29 or more consecutive days. It is located at NAVSTA Norfolk

at the corner of Maryland and Gilbert Streets on the first floor of Bldg B-30. The TAC will be open for walk-ins Monday through Friday 0800-2000 and Saturday 0800-1400. Customers are encouraged to call the TAC at 444-9081 or 444-9082 before coming in to ensure they know what documents are required by the tax preparers.

If you prefer the advice of an outside service Liberty Tax Service is offering all military members a discount off the cost of their tax return.

In addition to outside services, for those of you who prefer to do your own taxes may we suggest Tax Slayer. Tax Slayer offers active duty military a free download of their tax software program. A military discount is also offered for filing of all active duty military members. Visit www.taxslayer.com for more information.

Finally, don't forget if you need further assistance in your area you may also call Fleet and Family Support at (757-444-NAVY) for help.

❁Pre-Deployment Readiness❁

EMOTIONAL CYCLES OF DEPLOYMENT

First Phase: Pre-Deployment

Research has demonstrated that there is an identified emotional cycle of deployment – that individuals progress through different emotional stages during a deployment. A wide range of emotions may be experienced and commonly come in stages. Just as we have different emotional reactions to anything that happens in our lives, so too, will we experience this in different ways. Knowing these feelings are normal can help you and your family cope. These stages occur in a universal order; however, a number of causes can trigger setbacks to previous stages. Individual situations and types of deployment can influence the intensity and duration of each stage. In this edition of the newsletter we are focusing on the First Phase: Pre-Deployment and how to cope and prepare our families

Pre-Deployment Phase

The period leading up to a deployment can be very stressful for sailors and their family members. When you know there's an upcoming deployment your feelings are based on an anticipation of loss – he or she is leaving. Both spouses and family members may experience some or all of the following:

- ❁ Denial and disbelief.
- ❁ Anger, resentment of the military, spouse, and job.
- ❁ Frustration with preparation needs.
- ❁ Hurt and rejection.
- ❁ Excitement about mission.

This is a time of increasing tension for both spouses as they try to accomplish all they need to as well as find “couple time.” Just prior to deployment, many couples emotionally withdraw from each other. A common occurrence is for sailors and their spouses to have a significant argument. From a psychological perspective, it is easier to be angry than confront the pain and loss of saying goodbye for six months or more. In their frustration, many spouses complain: “I wish you were gone already.” It is as if their loved ones are already “psychologically deployed.”

Like anything else in life, deployments and separations can be turned into positive, growing times for all concerned. When your spouse deploys, you choose how you will cope with the separation. You can choose to get depressed, lonely, and angry; or you can choose to take control of your life and turn the separation into a **(Continue Pg. 6)**



Chaplain's Corner



Dear Family and Friends,

We are about to get underway once again following a time of Repair Availability during which we finalized many renovations and completed numerous repairs. Big "E" looks great and we continue to tune her up for our much anticipated upcoming deployment. That reminds me... we all need to be doing the same for ourselves.

We have a wonderful Pre-deployment Extravaganza Fair planned for 20 & 21 February the Captain has mentioned in his letter to you. This is a great time to get things ready for a sustained period of separation from loved ones as we keep the vigil at the tip of the spear. Wills, Powers of attorney, preparations along with checks on home maintenance and plans for communicating with one another are all part of this. Please plan to come – you do not want to miss out on the most valuable info disseminated at these sessions. One session is enough. The speakers will be brief and the displays with take home materials will be essential in your preparations.

Please be sure to be gentle and kind with each other as you experience the roller coaster emotions of preps and actual deployment. Our wonderful Ombudsman Team and Family Support Groups have some great plans for keeping us all aware of those stages of deployment we all go through. Remember that your faith is an essential part of keeping connected. The Spirit of God knows no distances. Prayers as well as communication with him are keys to protection, wisdom and guidance that we all need to maintain our commitments to those common goals of sustained love and support.

Blessings to you all from Chaplains Lawrence, Monahan, and Seiler

❖ Pre-Deployment Readiness ❖

POWER OF ATTORNEY

A power of attorney is a legally binding document that permits a service member to name a trusted individual who can act on his/her behalf while he or she is unable to do so. Before obtaining a power of attorney, it is important that you understand the three types of powers of attorney. Consider strongly how much legal latitude you would like the spouse, parent or guardian to possess in your absence. There are three basic powers of attorney:

- **General**—this enables the trusted individual to make any decision on any aspect of the service member's life.
- **Limited or Special**—the person specified by the power of attorney can only make decisions in specified areas of the service member's life.
- **Medical**—enables a caretaker to seek medical assistance for a child under 18 in the event the parent cannot grant that permission. Without this power of attorney, doctors are not allowed to treat a child unless it is an emergency. Instead, they are only permitted to keep the child alive until a parent can be contacted. A medical power of attorney should be kept with the child's medical records.

It is important to review your power of attorney(s) occasionally to update the documents as necessary according to your needs. For more information, please contact your personnel, legal or readiness office.

Source: FFSC Deployment Readiness Planner CD, FFSC, October 2005.

❖ **ENTERPRISE PRE-DEPLOYMENT BRIEF** ❖

February 20th & 21st, 2006 - Child Care starts at 6 p.m. Program at 6:30 p.m.

In Building U 40 directly next to Gate 3

Child care available on site for Kindergarten to 6th Grade Registered Children Leadership, Fleet and Family Support Centers, and Ombudsmen will be on hand with hand-outs, checklists, and key information.

Contact the Careline for Updated Brief Date Information due to Changes in Ship's Schedule. (757- 444-9398 Or 888-485-3435, option #3).

ENTERPRISE ENLISTED FAMILY SUPPORT GROUP

Join the Enterprise Enlisted Family Support Group E-mail Tree and Message Board. Call (757-444-9398) and choose Option #5 for more details about the up-coming Support Group Meeting at our new location at Old Dominion University. You can leave a message at the Careline or e-mail EEFSG at eefsg@military.com for more information.

Kids and Deployment

By: Alex Ottaviani

School Outreach Educator

Fleet and Family Support Center, Little Creek

(Continued Pg. 2)

It is important to inform schoolteachers that a parent or loved one of a military-connected child is or will be deployed. Teachers can be vigilant of behavioral or emotional changes in their students. Teachers can also implement educational processes in Geography, History, Language Arts, and other subjects to enhance learning not only for the affected children but the entire class. Teachers can also correspond with the deployed parent via email to provide updates on the child's academic status and keep them abreast of all the school's events. This process enhances the connection between child and deployed Sailor when separated.

As time passes, return and reunion will start to be a common topic around the house. **Continue to encourage open communications within the entire family. It is important to recognize the halfway point of a deployment. Celebrating this day brings to the forefront that the deployment is half over and the Sailors are starting that trek home.** This celebration can also signify that the family has built strength in enduring the first half of the separation and can pledge to continue this positive growth as a family until the ship returns. Children react differently to homecoming than do adults. Varying levels of excitement and anticipation will be manifested during the final weeks before return. This presents another opportunity to welcome open communications.

As homecoming approaches, the entire family needs to discuss reunion expectations. Who is expected on the pier, will extended family members visit and will the children miss school are some of the many questions that must be agreed upon to make homecoming a pleasurable experience. If children will not attend school during the post deployment leave period, it is vital to inform the school and make preparations to complete all necessary schoolwork and assignments either before or during the absence.

The Fleet and Family Support Centers of Hampton Roads offer many programs and seminars for family members and family support groups before, during and after deployments. Please view www.ffscnorva.navy.mil for information regarding scheduling these helpful programs.

Deployments are a challenging time for the command, its Sailors and family members. Whether this is your first deployment or you have experienced many deployments, assistance is available to help strengthen families and relationships during this time of separation. Our nation's security depends on our Navy to maintain peak readiness. The families left at home play a key part in mission readiness. Deployments are a necessary reality of being part of the Navy. Actively implementing healthy strategies to establish great communications and find creative, positive ways to count down the days will strengthen families during a time of separation. Developing positive family routines during deployments will build a bond within the family that will enhance the celebration when the entire family will be together again and will continue long after reunion.

Fleet and Family Support Centers Offer Assistance to Families



The Fleet and Family Support Centers of Hampton Roads understands that being in the military presents many challenges and obstacles for active duty members and their families. Fleet and Family Support Centers are here to help offer many services, programs, and support outreach at no cost to you. Each support center is also easily accessible by phone, email or just a short drive away from your home. FFSC covers a wide range of services including Spouse Employment Assistance, Relocation and Transition. In addition, they offer workshops in Personal Financial Management and Deployments. FFSC's also understands new stress may occur at any time. They offer therapeutic group, individual, and marriage counseling with licensed, certified counselors. Military life can be a rewarding experience for you and your family. However, just in case a challenging opportunity arises and you need assistance. Fleet and Family Support Centers want you to know they are here for you. That is support you can count on!

Fleet and Family Support Centers Contact Information

Naval Amphibious Base, Little Creek 757-462-7563 Naval Station, Norfolk 757-444-2102

Naval Air Station, Oceana 757-433-2912

Dam Neck Branch 757-492-7150

Naval Weapons Station, Yorktown 757-887-4606

Newport News Office 757-688-6289

**Thanks to all those for
your assistance with
this edition of
The Arrival.**

**USS ENTERPRISE
COMMAND**

**USS ENTERPRISE
RMD Office**

**Alex Ottaviani
School Outreach
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**Fleet and Family
Support Centers**

**Enterprise Enlisted
Family Support
Group**

-Email us at:

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**DO YOU HAVE AN IDEA
FOR AN ARTICLE YOU
WOULD LIKE TO SEE IN
THE NEXT ISSUE, OR DO
YOU JUST A QUESTION
YOU WOULD LIKE US TO
ANSWER IN THE NEXT
NEWSLETTER? DROP US
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[BIGENEWSLETTER@YAHOO
.COM](mailto:BIGENEWSLETTER@YAHOO.COM)**

**DON'T FORGET YOU CAN
SIGN-UP FOR THE
ENTERPRISE ENLISTED
FAMILY SUPPORT EMAIL
TREE AT
EEFSG@MILITARY.COM**

❖Pre-Deployment Readiness❖

EMOTIONAL CYCLES OF DEPLOYMENT

First Phase: Pre-Deployment (Continued Pg. 4)

time of accomplishment and increased self-knowledge. Communicate, communicate, communicate! Discuss your feelings. Establish and maintain a support network. Set short-term and long-term goals. Remember that any self-improvements you make will also help improve your relationship. Get involved. Get a job, volunteer, join a support group. Take care of yourself. Get plenty of rest, eat well, exercise, and find some quiet time just for you and your family at home.

Being prepared and following some of the simple tips above can lead to a successful and healthy deployment for both your sailor, and your family. **Don't forget to come out to the Pre-Deployment Briefing Feb. 21st and 22nd onboard USS ENTERPRISE, at 7p.m.** Your families' deployment readiness is vital to the success of the Navy! Don't miss the chance to ask the command your questions about this deployment! **Command Leadership, Fleet and Family Support Centers, and Ombudsmen will be on hand with hand-outs, checklists, and key information.**

Contact the Careline for Updated Brief Date Information due to Changes in Ship's Schedule. (757- 444-9398 Or 888-485-3435, option #3).

Source: FFSC Deployment Readiness Planner CD, FFSC, October 2005.

Community Events Calendar



- | | |
|--|---|
| February 4 th 10am-4pm | Special Olympics Polar Plunge, VA Beach Oceanfront, 7 th Street Volunteers Needed Also; Contact Nicole DeCandia 675-1399 |
| February 4 th 9am | East Beach Norfolk Half Marathon and 5K 4550 E. Ocean View, \$25-\$40 Benefit for Lee's Friends, contact: Ann Hupp 373-4174 |
| February 4 th -12 th 10am | 53 rd Annual Mid-Atlantic Sports and Boat Show VA. Beach Convention Center, \$8.00 |
| February 11 th 6pm-9pm | Valentine's Party at Color Me Mine, 1300 Colley Ave., Norfolk \$25.00 per person, includes paint time, complimentary flower for the ladies, Light hors d'oeuvres and dessert. Contact: Rhonda Baucom 625-1666 |
| February 17 th -18 th 7pm. | 16 th Annual Sweetheart Weekend, Ramada Plaza Resort, 57 th St. Oceanfront Square Dance Weekend, contact: 467-2557 |
| February 17 th -19 th | Total Woman's Show VA Beach Convention Center, Contact: 468-2300 |
| February 18 th | Horseback Ride in Honor of Black History Month, Olde Towne Portsmouth Contact: 465-1443 |
| March 17 th evening | The Greening of Ghent, St Paddy's Day Party, Colley Ave, Ghent, Norfolk |
| March 17 th -19 th | Shamrock Sportsfest Marathon contact: 412-1056 |
| March 18 th 10am | Norfolk's Ocean View St. Patrick's Day Parade, Ocean View Knights of Columbus 211 W. Government Ave, Norfolk |
| April 4 th | Opening of Norfolk Tides Season Tickets range from \$8.50-10.00 |

Don't forget when purchasing tickets have your sailor check onboard at the MWR they offer additional discounts for tickets purchased at MWR aboard USS ENTERPRISE.

Morale Welfare and Recreation

757-443-3301 Oceana

757-445-6663 Norfolk